



Speedy Veggie Chow Mein Inspired Noodles with Tenderstem® Broccoli and Mushrooms

Quick 20-25 Minutes • **Mild Spice** • 2 of your 5 a day

40



Garlic Clove



Tenderstem® Broccoli



Red Chilli



Salted Peanuts



Egg Noodle Nest



Sliced Mushrooms



Coleslaw Mix



Hoisin Sauce



Soy Sauce



Sesame Oil



Rice Vinegar



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey

Make it Higher Protein

If you chose to make this recipe higher protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, rolling pin, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Tenderstem® Broccoli**	80g	120g	150g
Red Chilli**	1	1½	2
Salted Peanuts 1)	25g	40g	50g
Egg Noodle Nest 8) 13)	125g	187g	250g
Sliced Mushrooms**	180g	260g	360g
Coleslaw Mix**	120g	180g	240g
Hoisin Sauce 11)	60g	120g	120g
Soy Sauce 11) 13)	25ml	40ml	50ml
Sesame Oil 3)	20ml	30ml	40ml
Rice Vinegar	15ml	22ml	30ml
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	376g	100g	506g	100g
Energy (kJ/kcal)	2257 / 539	601 / 144	2904 / 694	574 / 137
Fat (g)	18.3	4.9	20.6	4.1
Sat. Fat (g)	3.4	0.9	4.1	0.8
Carbohydrate (g)	74.1	19.7	74.2	14.7
Sugars (g)	23.5	6.2	23.6	4.7
Protein (g)	18.1	4.8	49.6	9.8
Salt (g)	5.02	1.34	5.22	1.03


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **3)** Sesame **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Prep the Veg

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press). Cut the **Tenderstem® broccoli** into thirds. Thinly slice the **red chilli**.
- Crush the **peanuts** in the unopened sachet using a rolling pin.



Add the Flavour

- Stir the **hoisin, soy sauce, sesame oil, rice vinegar, honey** and **water for the sauce** (see pantry for both amounts) into the frying pan.
- Bring the **sauce** to the boil, then simmer until slightly thickened, 3-4 mins.



Cook the Noodles

- Pour the **boiled water** into a medium saucepan with **½ tsp salt** and bring to a boil.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.
- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.



Finishing Touches

- Toss the **cooked noodles** into the **sauce** until coated and piping hot, 1 min.
- Taste the **sauce** and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a little too thick.

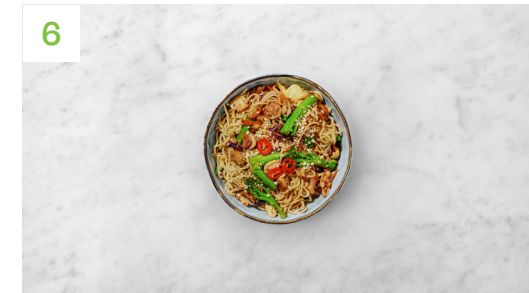


Stir-Fry the Veg

- Once hot, add the **mushrooms** and **broccoli** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.
- Stir in the **garlic** and the **coleslaw mix**. Fry for 1 min.

Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to the pan with the **veg**. Fry for the same amount of time, the **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve

- Share the **veggie noodles** between your bowls.
- Scatter over the sliced **chilli** (add less if you'd prefer things milder) and **peanuts** to finish.

Enjoy!